

## Updates for the week of September 6th, 2004

### Tools

- View the latest recommendations from the federal advisory panel revising Dietary Guidelines for Americans here: [steps/publications/food\\_revisions.pdf](http://steps/publications/food_revisions.pdf)
- Walk to School Week is coming up on October 6th. Visit [http://www.iwalktoschool.org/award\\_app\\_list.cfm](http://www.iwalktoschool.org/award_app_list.cfm) for some great examples of ideas other groups have had for coordinating the event.

### Training

- **REMINDER!** On September 7th and 8th there will be a class titled [Changing Norms: Sustaining Steps Efforts through a Focus on Policy Change and Comprehensive Approaches](#) held at the Tyee Center Conference room in Tumwater Washington. To register for the class contact Kathy Stark @ [kathy.stark@doh.wa.gov](mailto:kathy.stark@doh.wa.gov) or register online at [www3.doh.wa.gov/waphtn/classlist](http://www3.doh.wa.gov/waphtn/classlist). We expect that 5 members from each of the 4 Washington State Steps communities and 5 members from the Seattle and King County Steps community will attend along with representatives from our "Healthy Communities" Moses Lake and Mount Vernon.

[\*\*BACK TO TOP\*\*](#)

### Conferences

- Environmental Influences on the Induction and Incidence of Asthma Workshop is scheduled for October 18-19, 2004 at Research Triangle Park, North Carolina. For more information visit: [www.epa.gov/nheerl/asthma\\_workshop/](http://www.epa.gov/nheerl/asthma_workshop/). You may print out a copy of the expense voucher here: [asthma\\_workshop.xls](#)
- **REMINDER!** The Washington State Food and Nutrition Council is holding their annual conference in Seattle on September 24, 2004. This year's theme is: "Communities Rising Against Obesity: Washington Leading the Way." You may view the conference registration and membership information here: [WSFNC2004ConfPkt.pdf](#)

### Information/Updates

- NIH Director Elias M. Zerhouni, M.D. announced on Tuesday, August 24, the release of the final version of the Strategic Plan for NIH Obesity Research, a multi-dimensional research agenda to enhance both the development of new

research in areas of greatest scientific opportunity and the coordination of obesity research across NIH. The report is available here: [www.obesityresearch.nih.gov](http://www.obesityresearch.nih.gov). Printed copies of the Strategic Plan may be ordered from NIH's Weight-control Information Network at (877) 946-4627 and online at [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)

- **REPOST! Funds to Strengthen Communities in Pacific Northwest:** The Paul G. Allen Family Foundation supports nonprofit organizations located in, or serving populations of, the Pacific Northwest, which includes Alaska, Idaho, Montana, Oregon and Washington. The Foundation accepts applications from eligible organizations in the areas of: arts and culture, youth engagement, and community development and social change. This may be a great opportunity for our Steps communities to let their partners know about other funding options. Visit: [www.healthinschools.org/grants/ops184.asp](http://www.healthinschools.org/grants/ops184.asp)
- **REPOST!** Information in a recent study on America's Most (and Least) Stressful Cities revealed some very interesting results. View them here : [www.bestplaces.net/stress/stress\\_study1.asp](http://www.bestplaces.net/stress/stress_study1.asp)
- **REMINDER!** The regular date and time for the Community Conference Calls has changed. Our new standing time is every other Wednesday at 11:00am. Our next call will be announced here; there is no date as of yet due to upcoming events.